

Statistics Report 18513, ARCHWAY Home Style Cookies, Sugar Free Oatmeal

Report Date: July 04, 2017 19:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	5.00	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998
Energy	kcal	442	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998
Energy	kJ	1849	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	01/2014
Protein	g	5.54	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998
Total lipid (fat)	g	20.92	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998
Ash	g	1.34	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carbohydrate, by difference	g	67.20	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998
Fiber, total dietary	g	1.9	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998
Sugars, total	g	1.26	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998
Minerals													
Calcium, Ca	mg	20	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998
Iron, Fe	mg	1.96	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998
Potassium, K	mg	87	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998
Sodium, Na	mg	308	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998

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Thiamin	mg	0.270	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998
Riboflavin	mg	0.170	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998
Niacin	mg	1.810	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998
Folate, total	µg	58	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998
Vitamin A, IU	IU	1	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998
Lipids													
Fatty acids, total saturated	g	4.900	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998
Fatty acids, total monounsaturated	g	7.860	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998
Fatty acids, total polyunsaturated	g	1.310	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Calculated by manufacturer, not adjusted or rounded for NLEA	--	09/1998